

HOW SHOULD I SLEEP?

The Good

1. On your Back

Sleep on your back with a thin or medium height pillow under your head, and a thin pillow beneath your knees. This takes pressure off your neck and low back, keeping your spine in a neutral position.

2. On your Side

Sleep on your side with a medium to thick pillow under your head, and a thin pillow between your knees. Keep your knees together and not bent up too high. This keeps your spine straight and in a neutral position.



The Bad

1. On your Stomach

This position is bad for both your neck and your lower back. As you sleep with your neck turned, this places significant stress on the joints and muscles of your neck – stretching some while compressing others. Your lower back is put in an 'extended' position (the curve is increased), which also places extra stress on the joints in the lower back.



Also Avoid

1. Sleeping with one arm under your pillow or head. This will cause a 'dead arm' by compressing nerves and reducing blood flow to your arm. You may be awoken by a numb or painful arm. If you feel the need to sleep like this, it may indicate you need a pillow that is thicker or has more support.
2. Sleeping in a 'fencer stance', where one leg is straight and the other is bent. This often causes you to roll forward until you are half on your stomach. This places increased stress on your neck, your lower back, and your pelvis which becomes twisted.

Getting Out of Bed

If you experience difficulty, discomfort or pain when getting out of bed, try this technique:

1. Roll onto your side and bend your knees.
2. Swing your legs over the edge of the bed, placing your feet on the floor as you push yourself with both arms to sit.
3. Scoot to the very edge of the bed, and ensure your feet are under your buttocks.
4. Stand up while keeping your back straight, using your legs to straighten up.



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